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the funeral, on sheets of paper about four by seven inches and placed on the counters of the different stores in town. Then, on the day of the burial, each friend gathers all the flowers of her garden, makes her own floral design, and places it near the dear one who has passed away. The casket is imbedded in flowers. Where did all those flowers come from? one wonders. There are no florists for hundreds of miles and the wind blows ice cold over the plain and through the village, right from the snow covered mountains!

Have I been able to give you a slight idea of our field of nursing in this wilderness, where bears pass one's door, coyotes howl, wild swans fly overhead, wild ducks and geese may be had for—only the shooting of them? As I sit in my easy chair, by my little stove in my little log cabin 115 miles from a railroad (for I am twenty miles south of Bend) the coyotes are giving their nightly serenade across the river and my pretty dog Ring pricks up his ears and barks.

FOOD FOR THE SICK

By ROSAMOND LAMPMAN, R.N.

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It does not come within the scope of this article to enter into detail regarding the different food classes, their chemical elements, uses and value in individual cases, but to offer a few simple suggestions and methods of preparing and serving food best adapted to general cases, especially where fever is present, and in convalescence.

Whether it is in the hospital or in the home, sufficient attention cannot be paid to the food given to a patient. Poorly cooked food is frequently a cause of indigestion in health, therefore it must on no account be allowed to enter the sick room, for one has there to consider the enfeebled condition of the invalid's digestive powers, how little it takes to disturb them, and how necessary it is to save them as much labor as possible. If plain, simple cooking should be the precept in health, how much more should it be applied to the invalid's dietary; it cannot be too simple, nor can it be too daintily served.

In nearly all diseases, especially where there is much fever, there should be sufficient nourishment to save tissue waste, which is so rapidly going on, but this must be given in a liquid or semi-liquid form so that it will not overtax the already weakened digestive organs. The liberal

use of pure water, or some beverage composed principally of water, is also necessary, not only to relieve thirst, but on account of its diluent effect and to assist in eliminating the waste matter produced by this increased tissue-change. An acid beverage, such as lemonade or orangeade, constitutes the most refreshing of drinks in these cases, while barley water, rice water, and the old fashioned crust tea, with just a little lemon juice and sugar, offer a variety of drinks to the fever patient; if a larger amount of nutrient is required, these beverages may be combined with the white of egg.

Milk has the advantage of supplying the system with water and at the same time provides nourishment, as it contains all the elements necessary to sustain life during a long period of illness, and is, when perfectly clean, pure, and fresh, an ideal diet in most fever cases; that is if the patient is fond of it, and it can be readily digested and absorbed. Unfortunately there are persons who cannot take milk plain, and fail completely in digesting it. There are, however, several methods which may be used that will overcome this difficulty almost entirely. It may be given diluted with plain water or lime water, often vichy or seltzer will have the desired effect in preventing the tough curds from forming.

Since milk is more a food than a beverage it should always be taken very slowly and thoroughly blended with the saliva of the mouth before swallowing, or sipped by spoonfuls, small quantities at a time, at regular intervals.

The other important articles of diet in liquid form are the numerous meat extracts, juice, broths, etc.; these preparations should always be made from tender veal, mutton, chicken, or beef; these may be made more nutritious when they contain some farinaceous substance, as browned flour, powdered crackers, or bread which has first been toasted very dry, or a little barley or rice thoroughly cooked with the meat. Gruels made from barley, arrowroot, or rice are also very useful when carefully prepared. In cases where a large amount of meat broths cannot be taken, as in some cases of typhoid fever, meat jellies or beef juice are given in place of the meat broths, or they may be used in alternation with the fluids, thus giving the invalid a slight change from the monotony of a liquid diet.

During convalescence the regulation of the diet is still important, especially if the invalid is recovering from a serious attack of typhoid, as the condition of the bowel often demands the greatest of care, that the freshly healed surfaces be not injured by any hard, indigestible food; for serious results are likely to follow the slightest negligence in this respect.

The first step may be to increase the thickness of the broths or soups with fine bread or cracker crumbs, next junkets, gelatine jellies, water or milk toast, lightly cooked farinaceous puddings, custards, and creams. Slightly cooked eggs are also allowed, and finely pounded or scraped raw or very rare beef or mutton; this may be served quite daintily in the form of tiny sandwiches by placing the meat between thin squares of whole wheat bread. Oysters also form a pleasant variety of food for the convalescent before solid animal food can be digested. Fruits, such as sweet oranges and grapes, may be allowed, providing the skins and seeds are removed. Gradually other articles may be added to the dietary, as well-cooked breakfast foods, tender broiled beefsteak, or mutton chop and a well-cooked potato, creamed vegetable soups, crisp lettuce, baked apples, stewed prunes, or any of the subacid fruits, until the ordinary habit of diet has been resumed.

It is always important to have all food served to a patient as tempting as possible, and the linen, glass, and china ought to be the prettiest in the house, although the arrangement of the tray should be very simple. The Japanned trays, which come in all sizes, are the ones most commonly used, and they should be covered smoothly with an absolutely clean napkin or tray cloth. A bright, fresh flower or a few green leaves placed beside the plate or in a slender glass vase is a simple but attractive decoration, which seldom fails to please.

Beef Juice.—Take one pound of round beefsteak, and chop into very fine pieces; place in a covered fruit can with one cup of cold water. Let it stand in a cool place over night, or from eight to ten hours. Then strain through a cheese-cloth; season with a little salt and serve either warm or chilled. When reheating beef juice place the cup containing it into a basin of hot water, and stir constantly until warm. Care must be taken not to heat too much, as the albumin will coagulate and the juice will be unfit for use.

Mutton Broth.—Mince one pound of mutton, freed from fat, put into one quart of cold water, and let it stand in a jar on ice or in a very cold place three hours. Then cook two hours over a slow fire. Strain, cool, skim off the fat, season, and serve hot.

Chicken Tea.—This is best made from an old fowl. Wash and clean thoroughly, dissect the joints, and chop all into small pieces, crushing the bones; put into a saucepan; to one large fowl add three pints of cold water, one teaspoon of salt, and one teaspoon of rice; let it simmer slowly for three hours or until the quantity is reduced to one quart. Strain, cool, and remove all particles of fat.

Veal Broth.—Cut one pound of veal into dice; to this put one quart

of cold water, and let it simmer for three hours. Strain, cool, and skim. Reheat and serve.

Chicken Jelly.—Prepare the chicken as for chicken broth, remove all fat. Add cold water in proportion of one pint of water to each pound of chicken. Heat the water slowly at first, and then allow it to simmer until the meat falls from the bones, or until reduced to one-half the quantity. Strain and remove the fat; then clear with an egg, season with salt, pepper, and a little lemon juice. Turn into moulds and chill.

Calf's-foot Jelly.—Take two calf's feet, split them, and wash thoroughly. Add one quart of cold water and simmer four hours. Strain, and when cold remove the fat. Put into a saucepan with one cup of sugar, the juice of three lemons, and a small piece of stick cinnamon (bruised); when the sugar is dissolved, add the whites of two eggs well beaten with three tablespoons of water. Stir until it reaches the boiling point, then add one wine glass of sherry wine, and allow it to simmer gently fifteen minutes longer. Strain through a jelly-bag three times. Pour into moulds and chill.

Nutritious Beef Tea.—To one pint of strong beef tea add two tablespoons of well-cooked oatmeal, stirred smooth with two tablespoons of cold water. Boil together for six minutes, stirring constantly. Strain through a wire sieve, and serve hot.

Oyster Broth.—Take one cup of chicken broth and add one-half cup of oysters, bring to the boiling point, season with salt, and serve at once. This may be given to those who object to milk broths.

Clam Broth.—Wash and scrub one dozen clams and put in a kettle with one-half cup of cold water. Cook until the shells open. Take them out, remove from the shells; cut off the soft parts and chop very fine. Add one cup of milk to the juice. Melt one teaspoon of butter and to it add one teaspoon of flour, pour on gradually the hot liquor. Cook five minutes; season with a speck of salt and white pepper, add the soft parts of clams, and serve at once.

Barley Gruel.—Heat one pint of milk in a double boiler. Blend one tablespoon of barley flour in a little cold water until smooth, and stir into the scalded milk; cook two hours. Season with salt, strain, and serve hot. Sugar and a little cinnamon may be added if desired.

Rice Gruel.—Blend one tablespoon of rice flour with a little cold water until smooth, and add gradually to one quart of boiling salted water. Cook in a double boiler until it is transparent. Strain and sweeten to taste. If too thick it may be diluted with a little hot milk or cream.

Arrowroot Gruel.—Heat one cup of milk in the double boiler. Blend

one tablespoon of arrowroot in a little cold milk, and add slowly to the boiling milk. Cook twenty minutes, add salt, strain, and serve immediately.

Barley Water.—Put one ounce of pearl barley in a saucepan with one quart of cold water, and bring slowly to a boil; cook for two hours. Strain and cool. Do not flavor or sweeten until just before serving.

Rice Water.—Wash three ounces of rice in several changes of water, then put into a saucepan with one quart of boiling water and one ounce of raisins; boil gently for an hour. Season with a little salt, or it may be sweetened. Strain and serve cold.

Crust Tea.—Boil one quart of water, and pour it over two slices of very brown toast. Let it steep for half an hour. Strain, season with a little salt and serve hot or cold. If preferred a little sugar and cream may be added, and the salt omitted.

Orange Flip.—Beat one egg very light, add one teaspoon of sugar, one-fourth glass of orange juice, and one tablespoon of brandy. Blend thoroughly and pour into a glass; fill with cracked ice and ice water, stir well and serve at once.

Lemonade or Orangeade.—These beverages are best when made with boiling water, then strain and set on ice to cool.

Albuminized Wine.—Beat the white of one egg to a froth, add slowly one tablespoon of wine, a little cracked ice, and one teaspoon of sugar. Blend well and serve at once.

Albuminized Clam Water.—To one cup of cold water add enough clear clam juice to make it the required strength; to this add the unbeaten white of egg. Blend thoroughly in a covered glass or milk shake. Set on ice until cold, shake again, and serve.

Albuminized Grape Juice with Milk.—Beat the white of one egg to a froth, add one tablespoon of sugar, one-half cup of milk, and four tablespoons of unfermented grape juice. Blend well and serve very cold.

Milk Lemonade.—To one pint of boiling water add two tablespoons of sugar, one tablespoon of sherry wine, and one tablespoon of lemon juice. Boil three minutes, then remove from the fire and add one cup of cold milk. Strain and set on ice to cool.

Tamarind Water.—Boil four ounces of tamarinds and three ounces of raisins in two and one-half quarts of water slowly for twenty minutes; then strain and set on ice to cool. This is a very refreshing drink in fevers.

Milk, Egg, and Brandy.—Scald one cup of milk but do not let it boil, then set on ice to cool. Beat one egg very light, add one teaspoon

of sugar, and one dessert-spoonful of brandy, then add the scalded milk. Serve very cold.

Frothed Egg.—Break one egg with care, that the yolk may be kept whole, and place this to one side. Beat the white until stiff and dry, add a sprinkle of salt and heap in a small dish or on a round of toast; make a little dent with the back of the spoon in the top of the mound, and drop in a small piece of butter and the yolk. Dust over the top with a little salt and pepper, and place in the oven for a few minutes or until the egg sets.

Scrambled Eggs.—Beat two eggs, one saltspoon of salt, and a speck of white pepper until the eggs are frothy; add four tablespoons of sweet cream, and turn the mixture into a double boiler. Cook until the albumin of the eggs is just coagulated, stirring all the time. Serve on squares of toast.

Soft Boiled Eggs.—Put the eggs in a saucepan of boiling water; place on the back of the range, or where the water will keep hot without boiling, for ten minutes.

Wine Junket.—Dissolve two tablespoons of sugar in three tablespoons of sherry wine, and one tablespoon of lemon juice. Heat one pint of sweet milk until luke warm. Remove from the fire and add the wine and sugar. Dissolve three-fourths of a junket tablet in one tablespoon of cold water and stir quickly into the mixture. Pour into sherbet glasses, and set in a warm place until firm. Then place on ice until cold. Serve plain or with a little whipped cream.

Wine Junket Ice Cream.—Prepare in the same manner as for wine junket, and freeze in an individual freezer or by placing a small pail into a basin of chopped ice and salt. When partly frozen add one cup of whipped cream, sweetened with one tablespoon of sugar.

Irish Moss Jelly.—Pick over and wash one-fourth cup of moss, let it soak in two cups of milk one hour. Cook in a double boiler until the milk steams. Add a speck of salt and sugar to suit the taste. Strain into moulds and chill. Serve with cream.

Bread Jelly.—Take three slices of bread, remove the crust and toast them a delicate brown. Put the toast into a saucepan with two pints of cold water and let it simmer for two hours. Strain through a jelly-bag. Sweeten and flavor with a little lemon juice or wine. Pour into moulds and chill.

Plain Custard.—Heat one cup of milk in a double boiler. Beat the yolks of two eggs until frothy, add to them two tablespoons of sugar and a speck of salt. Pour the hot milk over the mixture, stirring constantly. Cook until the mixture thickens, stirring all the time while

it is cooking. Strain, cool, and flavor. Beat the whites of the eggs until stiff, and fold into the custard. Chill and serve. For a soft custard omit the whites of eggs.

Lemon Cream.—Soften one teaspoon of gelatine in a little cold water, and stand over boiling water until completely dissolved, then add one-half cup of sugar dissolved in one-half cup of lemon juice. Set on ice or in a pan of ice water and stir until the mixture begins to thicken. Whip one cup of cream until stiff and fold into the first mixture. Turn into moulds and chill.

WHAT TO SEE AND HEAR IN NEW YORK

BY MARY E. THORNTON, R.N.

(Continued from page 259)

THE Metropolitan Museum, which every New Yorker “hopes to be able, some day, to visit,” and where may be found expression of nearly every form of art, may be made to serve as a never-ending source of pleasure. It is not uncommon to meet some one who has “done” it in a day—of course she never goes back.

The Chairman of the Art League of the Public Education Association has under way the formulations of plans for a systematic study of the museum; a brisk walk with just a short visit to the entrance hall will give one more than she could get in any other way—wonderful tapestries illustrating scenes from the lives of Antony and Cleopatra; Macmonnies’ exquisitely modelled “Bachante”; Roden’s “Primitive Man,” his “Le Penseur,” his “Hand of God”; Borglum’s “Mares of Diomedes”; Barnard’s “Struggle of Two Natures,” the replica of Houdon’s “Washington.” For a longer visit, the centre hall will discover the model of the Notre Dame in exact fac-simile; a model of the Parthenon, one of the Pantheon and one of the Acropolis, pulpits from Santa Croce, and the Sienna Cathedral.

In pictures, Rembrandts, Vermeurs, Hals, Maures, Corots, Monets, Le Pages will minister to many moods.

The Bosco Reale frescoes and the Pompeiiian bed chamber; the collection of ceramics including the exquisite Chinese porcelain; the examples of Jacobean Chippendale, Sheraton and Heppelwhite; the room of glass (a reproduction of the *galeries des glaces* at Versailles, and containing the jade collection should be visited only at night), and the library with its thousands of volumes, are all free to the public every day except Monday and Friday; on Saturdays from 10 A.M. to 10 P.M.